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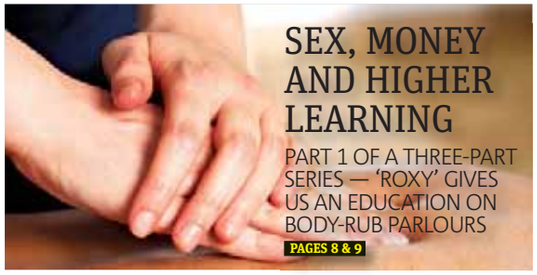

SEX, MONEY AND HIGHER LEARNING

PART 1 OF A THREE-PART SERIES — 'ROXY' GIVES US AN EDUCATION ON BODY-RUB PARLOURS

PAGES 8 & 9

Leafs in flux — what's the Planahan?

Use Metro AR to learn about the Leafs' new prez and join the speculation on his strategy PAGE 32

Crown lays out rape case against pair of doctors

Woman allegedly drugged, then brought to hotel PAGE 3

... Because I choose not to run (indoors)

Experts say to take it outside; and use Metro AR to watch a guide to running a marathon PAGE 18

NEWS WORTH SHARING.

Wynne's pledge big on promises, short on details

$29 billion. Mayoral candidates united in praising move but find plenty to argue about

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Toronto's leading mayoral candidates continued to spar over transit funding Monday as they welcomed Premier Kathleen Wynne's announcement of $29 billion over 10 years for transit and transportation infrastructure — $15 billion of which goes to a dedicated fund for the Greater Toronto and Hamilton Area.

"I was encouraged by it, but obviously we're going to have to see the details," said candidate John Tory.

Most of the details on where the $29 billion will come from and how it will be spent will be unveiled in the spring budget.

Tory said he is planning to release his own plan for how the city can help fund a relief line after the budget, but he hopes some of the promised money will go to that project.

However, there is no guarantee the minority government will survive the budget.

On that issue, Tory said he's happy the Progressive Conservatives have also committed to transit construction. However, he's concerned that the NDP has not, adding a dig at candidate Olivia Chow for not committing to building the downtown relief line quickly.

Chow welcomed Wynne's announcement and said any investment in getting people moving is a good thing.

She hopes the money will go to automatic train control, new subway cars and road projects like the Gardiner.

"Hopefully there's enough to also do the relief line, but I don't know how much Toronto will get ... It's certainly my long-term priority," said Chow.

Karen Stintz, who proposes that the city raise money to help build a relief line by selling a majority of the city's shares in Toronto Hydro, said Wynne's announcement is promising.

"If the province is at the table and the municipality's at the table, it becomes more compelling to the federal government," she said.

"I think we need to hear from the other candidates on how to fund the transit they're talking about," she added. "Olivia (Chow) is talking about ripping up a funded transit plan (the Scarborough subway), and John (Tory) is decidedly undecided on how he's going to fund transit."

For his part, David Soknacki said Wynne's transit plan is good news and "it's important to say thank you."

"I recognize that devils lurk in details," he added. Soknacki said he'd like to know how the province intends to spend the money and what revenue tools will contribute.

Wynne said the yet-to-be-announced revenue tools will not come from "increases in the gas tax, HST or income taxes on middle-income earners."

Soknacki is looking at diverse means of raising funds, including development charges and possibly tax increases.

Metrolinx responds

Metrolinx board chair Robert Prichard said the announcement represents an endorsement of The Big Move.

- Prichard said the challenge is to maintain the momentum of the transit building already going on in the region.

TORSTAR NEWS SERVICE

TO RECORD HEIGHTS

The Raptors' John Salmons drives for two points against the Milwaukee Bucks' Jeff Adrien at the Air Canada Centre on Monday. Toronto sunk the Bucks 110-100, setting a franchise record for most wins in a season with 48. **See story, page 33.** RICK MADONIK/TORSTAR NEWS SERVICE

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Bidding wars

Home prices set for hike

Toronto home prices could jump seven or eight per cent by the end of this year, says a new report from real estate giant ReMax.

That's largely because buyers have emerged from winter hibernation to find that listings of homes for sale remain at record lows: In February, for instance, there were just 14,000 active listings on the Multiple Listings Service across the GTA, compared to 17,000 back in 1999 when the region had far fewer residents, notes ReMax.

TORSTAR NEWS SERVICE

Matthew Byers

Sex offender denied parole

Child sex offender Matthew Byers of Newmarket has been denied his bid for day parole and full parole.

Byers, 38, is serving an indeterminate sentence after being declared a dangerous offender.

"The Board has concluded that your risk would not be manageable in the community on any form of community release," the Parole Board of Canada notes in a decision released this month.

Byers was sentenced July 6, 2011, after two convictions for attempted murder and kidnapping, two convictions of aggravated sexual assault as well as convictions of possession of child pornography and break and enter.

TORSTAR NEWS SERVICE

Protesters demand fair pay for temps

Workers protesting low wages and Employment Standards Act violations demonstrate outside of a temp agency in Toronto on Monday. A recent Ministry of Labour enforcement blitz showed that three out of every four temp agencies inspected were violating basic employment standards. The demonstrators used giant "loonies" in front of the temp agency to signify the wage gap for temp-agency workers, who are predominantly women and immigrants.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Doctors' gang-sex-assault trial begins

Two accused. Woman who was allegedly raped expected to testify

After a night of drinks and clubbing, two doctors allegedly drugged a 23-year-old woman and took her back to their hotel room where she, in a "flash of memory," recalls them simultaneously raping her, the Crown prosecutor said in an overview of her case Monday.

The woman, whose name is protected by a publication ban along with another complainant, is expected to testify in the judge-alone trial that she considered Dr. Amitabh Chauhan, a first-year plastic surgery resident, to be a mentor, prosecutor Cara Sweeny told Superior Court Justice Julie Thorburn.

The woman is expected to say she met Chauhan, 35, at the bar of a downtown Toronto hotel in February 2011 before joining him and his friend Dr. Suganthan Kayilasanathan, 36, in a hotel room, where the two men smoked pot, Sweeny said.

The three then went to a club, where the woman alleges they bought her a few drinks.

She says she intended to drive herself home that night but her head started to feel foggy.

She is expected to testify that she has a brief memory of being back in the hotel room, Kayilasanathan behind her and Chauhan in front of her, both whispering in her ears that she was a "dirty girl" and "don't you like this," Sweeny said.

The woman alleges that she woke up in the morning to Chauhan attempting to put his penis in her mouth.

She is expected to say she went home, feeling extremely ill and her parents took her to the hospital twice. The second time, a full rape kit was done, Sweeny said.

Saliva from both men was found on her clothing, including the crotch of her pants, and her external genitalia, Sweeny said.

Tests do not show any drugs in her blood, Sweeny said. The Crown's theory is that the drugs were no longer in her body by the time a test was conducted.

Both doctors were arrested and charged with gang sexual assault that same month.

TORSTAR NEWS SERVICE

The doctors

- Amitabh Chauhan's post-graduate medical licence has expired and he is not currently registered with the Ontario College of Physicians and Surgeons.
- Suganthan Kayilasanathan continues work at two Etobicoke family practices under no restrictions from the College.

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$25M. Province commits funds for cycling facilities

Transportation Minister Glen Murray has announced that the province will provide $25 million for cycling facilities on provincial highways and municipal roads over the next three years in an effort to make Ontario Canada's premier cycling province.

The money, the first specifically set aside for biking in the provincial budget, will be for "quick wins" and pilot projects.

But it represents something bigger: a new policy to incorporate cycling in every provincial highway and bridge project that some bike advocates are calling a game-changer.

It means cycling will be automatically incorporated into roadworks, Murray said Monday at the Ontario Bike Summit.

"The experience of jurisdictions where they do that is it actually doesn't cost you any more because … you basically integrate it. You can see it on Highway 7 in (the GTA): You'll see the Viva (dedicated bus) lines, you'll see a sidewalk, you'll see a roadway with several lanes on it, and you'll see a cycling trail. From now on, we'll just simply build it in like we build sidewalks, unless there's a cost reason," he said.

TORSTAR NEWS SERVICE

Transportation Minister Glen Murray wants cycling to be automatically incorporated into roadworks. VINCE TALOTTA/TORSTAR NEWS SERVICE

Coach Ford's football fail

Wow … must be some playbook

Mayor Rob Ford is attempting to prevent the release of documents related to his being fired as a high school football coach.

The Toronto Catholic School Board decided in March to release the documents, but Ford was allowed the mandatory 30 days to consider an appeal to the province's information and privacy commissioner. He has now appealed, the board said Monday.

Ford's chief of staff did not respond to a request to explain why the mayor wants to keep the information secret.

The appeal means that it's likely to be several more months, at least, before the public gets to see what is in the package of more than 100 documents.

TORSTAR NEWS SERVICE

Spectators weep as duo face murder charges

'I just want to see them get the maximum penalty.' Emotional first court appearance in weekend slaying of Andrea White, mother of four

Murder suspect Alwayne Bigby makes a court appearance Monday. A dozen women wept as Bigby entered the box, some crying profusely. ALEXANDRA NEWBOULD/FOR METRO

A 23-year-old former basketball star more accustomed to wearing jerseys was clad in an orange prison jumpsuit on Monday as he made his first court appearance in the murder of a Scarborough mother of four.

Alwayne Bigby and Michael Davani, 21, accused of first-degree murder in the shooting of 33-year-old Andrea White, were stone-faced as they listened to lawyers set their next court dates in an Eglinton Avenue courtroom.

White's grandfather, Don White, never took his eyes off the two men in the prisoners' box. "I just want to see them get the maximum penalty," he said, his voice shaking.

A dozen women wept as Bigby entered the box, some crying profusely. After his short appearance, one woman had to be helped outside the courtroom by two others.

White was fatally shot Saturday night as she sat in her garage with other family members, including her teenage daughter, on Forest Creek Pathway, near Morningside and Old Finch in northeast Scarborough.

Police allege that the two men drove by in a white SUV, firing several shots. They were apprehended when the OPP spotted the vehicle on Highway 401 near Bathurst. Police say the two fled on foot, but Davani was arrested nearby, while Bigby turned himself in around 5:30 a.m. Sunday.

Police have not yet stated a motive for the murder. They said Monday they are unsure if White was the intended target, but do believe the address or the community around Grace Hartman Housing Co-operative was targeted. They said Davani was known to police.

Bigby, a 2009 star player from Eastern Commerce Collegiate Institute, is also a former NCAA player who played basketball while at Northeastern University and the University of Rhode Island. Northeastern confirmed that Bigby graduated with a criminal justice degree in August of 2012. He was reportedly pursuing a master's degree in education at Rhode Island.

His next court date is April 22, while Davani is back in court May 6. TORSTAR NEWS SERVICE

Family 'shattered and united'

Andrea White's cousin, Tammy Wilkinson, said in a brief statement that a trust fund will be established for White's children, and that a candlelight vigil will be held in her memory on Wednesday at 6 p.m. at 22 Forest Creek Pathway.

- "To the people that committed this crime: For every action, there is a reaction," she said. "Your actions have left Andrea's children … without their mother and her husband Bobby Lewis without his wife. Your actions have both shattered and united a grieving family."

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Dellen Millard's cars, snowmobiles listed on Kijiji

After Dellen Millard was arrested for the death of Tim Bosma, and just days before he was charged in the murders of Laura Babcock and Wayne Millard, several online advertisements for the items in his hangar were posted. TORSTAR NEWS SERVICE

Online. Accused murderer's items are being sold on site where Tim Bosma advertised his truck

You can now own the cars, snowmobiles and even an upright piano left in the airport hangar belonging to accused triple murderer Dellen Millard following his arrest for three murders.

On March 24, items for sale, pictured in what appears to be the Millardair hangar at the Region of Waterloo International Airport, began appearing on Kijiji.ca — the same classifieds website Tim Bosma used to sell his truck online before he went missing and was found dead.

The latest item was posted April 9, one day before police involved in a joint investigation announced Millard had also been charged with first-degree murder in the death of his father, Wayne Millard, and Toronto woman Laura Babcock, who has been missing since July 2012.

Two Jeeps, which also appear to be housed at the Millard family's hangar, went up for sale on a site called RacingJunk.com in October, after Millard, 28, was arrested for Bosma's murder.

Two snowmobiles priced at $2,500 and $1,000 are among the items for sale, along with a $12,000 blue Oldsmobile convertible. TORSTAR NEWS SERVICE

Inheritance

After the elder Millard's death — deemed a suicide at the time — his son inherited the family business and several properties also in his name.

- The hangar was a long-term project for Wayne Millard and was slated to open officially soon after the day he died of a gunshot wound to the head.

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City councillors not likely to get 12.9% pay hike

Coun. Paula Fletcher says making more money is not why she is in politics. DAVID COOPER/TORSTAR NEWS SERVICE

Toronto city councillors should see their annual pay rise next Jan. 1 by 12.9 per cent, to $119,025, to bring them in line with their counterparts in other municipalities. But in an election year, council members on both sides of the political spectrum say that kind of a hike is unlikely.

Council policy is to set council members' pay based on salaries being paid in 16 so-called comparator municipalities. The Toronto council policy, however, has not been followed in practice. Left-leaning Coun. Joe Mihevc believes a better way would be to hand the issue over to an objective third party.

"I think councillors are pretty hesitant to opine on our salary because it seems so self-interested," Mihevc said. "I don't think it should be in our hands."

For 2014, Toronto's 44 councillors will earn $105,397. Mississauga councillors who also serve on the Peel Region council earn a combined $133,078; those in Markham, $122,908.

The pay report is included on the April 23 executive committee agenda and will move on to full council in May. TORSTAR NEWS SERVICE

Election Oct. 27

With municipal elections looming Oct. 27, not many councillors will be supporting a double-digit pay hike, said Coun. Frank Di Giorgio, chair of the budget committee.

- Coun. Joe Mihevc said compensation specialists could be brought in.

Lev Tahor. Judge rules kids from ultra-orthodox group can remain in Ontario

A judge in Ontario has ordered that a group of children in an ultra-orthodox Jewish sect do not have to be sent back to Quebec.

The 13 children are part of a group known as Lev Tahor that left Quebec late last year amid a child protection case and settled in Chatham, Ont.

An earlier court decision ruled in favour of a Quebec court decision ordering the children into care there. But today Ontario Superior Court Judge Lynda Templeton overturned it.

She ruled that the Children's Aid Society in Chatham will continue to investigate the families and the matter will now go to provincial court to determine whether the children are in need of protection.

Seven of the children were placed in care last month after Templeton issued an emergency order because the families fled the country ahead of the appeal hearing, while the other six are believed to still be in Guatemala. THE CANADIAN PRESS

Avoiding upheaval

Judge Templeton says in her decision that to put further upheaval in the children's lives by sending them back to Quebec would have "disastrous" emotional consequences, and they should not bear the consequences of their parents' flight.

Books. Would-be censors want Captain Underpants yanked down — off shelves

The potty humour of Captain Underpants and the mature exploration of race and family violence by Toni Morrison in The Bluest Eye would seem to have little in common.

But among some parents, educators and others, the works fall into the same category — they're just too offensive and should be restricted or removed from library shelves.

The American Library Association published its annual State of the Libraries report Sunday, which included its list of works most frequently "challenged" last year at schools and libraries.

Dav Pilkey's bestselling Captain Underpants series topped the list. The reasons cited included "offensive language" and material unsuited for its targeted age group.

The Bluest Eye, Morrison's first novel, was runner-up, also criticized for language, along with violence and sexual content. THE ASSOCIATED PRESS

'S' size, 'XL' voice

"Of course, only a tiny percentage of adults are complaining. Kids love the books, and fortunately, most parents and educators do, too."

Dav Pilkey, author and illustrator of the Captain Underpants series of books

WikiLeaks

Manning's 35-year prison sentence upheld

An Army general is upholding Chelsea Manning's conviction and 35-year sentence for giving classified information to the anti-secrecy website WikiLeaks.

The Military District of Washington said Monday that Maj. Gen. Jeffery Buchanan has taken final action in Manning's court-martial.

Manning was sentenced in August 2013 for six Espionage Act violations and 14 other offences for leaking more than 700,000 secret military and state department documents while serving in Iraq in 2009 and 2010.

As commander of the jurisdiction in which the trial was held, Buchanan could have approved or reduced the court-martial findings.

His action clears the way for an automatic appeal to the Army Court of Criminal Appeals. THE ASSOCIATED PRESS

Ontario suicide attempts shared with U.S. officials

Special report. Province's privacy watchdog blasts police for handing sensitive mental health info over to Americans

Quoted

"There is nowhere that we found where there's any mandatory obligation on the part of CPIC to say you have to disclose this information. That's nonsense. It doesn't exist." Information and Privacy Commissioner Ann Cavoukian, saying there is no legal requirement that suicide attempts be entered into the Canadian Police Information Centre database, which is shared with American officials.

Ontario's privacy watchdog issued a special report Monday demanding police stop sharing information about suicide attempts with U.S. officials, who used the mental health data to block at least four Canadians from entering the United States.

"I found it so unnerving to think about the humiliation and embarrassment that an individual would feel upon arriving at the airport and being denied entry into the United States because they learned from a U.S. border crossing official that they had access to their highly sensitive personal information about a past suicide attempt," said Information and Privacy Commissioner Ann Cavoukian. "Can you imagine?"

The Canadian Mental Health Association said Cavoukian's report highlights "significant grey areas" in terms of police reporting on suicides, and called for more study about the disclosure of police records.

"Mental health police records are not criminal records and should not be treated as such," said the association's Ontario CEO, Camile Quenneville. "Standardizing the protocol for disclosure would be welcome." THE CANADIAN PRESS

Stop, look, listen: I think I spy a possible new Banksy piece

A new street art piece appeared in Cheltenham, England on Monday, leaving many to suspect street artist Banksy has struck again, leaving an espionage-themed piece in the hometown of Britain's electronic spy agency. The piece depicts three figures in trench coats snooping on a telephone booth. Cheltenham is home to GCHQ, Britain's electronic eavesdropping agency, which found itself in the spotlight after some of its covert activities were revealed by former NSA contractor Edward Snowden. BEN BIRCHALL/THE ASSOCIATED PRESS

Prosecutor keeps pressure on Pistorius

Oscar Pistorius in Pretoria, South Africa, Monday. THE ASSOCIATED PRESS

Oscar Pistorius came under intense pressure Monday at his murder trial from the chief prosecutor, who dismissed his account of how he killed girlfriend Reeva Steenkamp as a flimsy web of lies and accused the Olympian of staging emotional outbursts to mask difficulty in answering a barrage of probing questions.

His voice quavering at times, Pistorius struggled to explain alleged inconsistencies in his testimony and broke down sobbing on two occasions, forcing Judge Thokozile Masipa to temporarily halt proceedings.

Prosecutor Gerrie Nel was sometimes quick to acknowledge Pistorius' distress, but also said the athlete was frantically trying to shore up a fabricated story.

"You're getting frustrated because your version is improbable," Nel said. "You're not using your emotional state as an escape, are you?"

Pistorius said he wasn't in a "rational frame of mind" at the time of the shooting in his home in the early hours of February 2013. THE ASSOCIATED PRESS

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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Massaging the law

Edmonton massage parlour worker Elizabeth says she and her sex-working alter ego "Roxy" are "two very different people." STEPHANIE DUBOIS/METRO

Walk down the streets of any large Canadian urban centre, and you will come across that ubiquitous flashing neon sign advertising "massage." Inside, the masseuses may offer a lot more. In light of the void in sex-for-sale legislation, Metro Canada is taking a look at what the current climate means for massage parlours.

In this three-part series, we talk to some of the people directly and indirectly involved in Edmonton's 42 body rub parlours.

Over the next three days, Metro will share the stories of the women who work in the establishments, the people who own them, the people who regulate them and the people who use them.

STEPHANIE DUBOIS
Metro in Edmonton

It's a regular evening and a client has just walked into the massage parlour where Elizabeth — who introduces herself as Roxy — works.

Wearing a seductive dress, she greets the client by first introducing herself and asking him if he is interested in her, or would prefer meeting one of her co-workers.

If Roxy — she specializes in domination, fetishes and fantasies — is chosen by the client, she will take the man into one of the rooms to discuss the details of his experience, as well as pricing.

Roxy is chosen.

After hopping into the shower for a quick wash, Roxy starts massaging her client. Like most of her work appointments, it leads to sexual services both she and her client both agree to.

"We offer anything from hand jobs, blow jobs to sex. Every girl offers different stuff," Elizabeth said.

The part-time political science student at the University of Alberta says that in Edmonton, some of the women working in the sex industry have started offering a popular service called "the girlfriend experience," when clients are able to kiss and perform oral sex on the masseuses.

"I refuse to do that because of STIs and, unfortunately or fortunately, I don't know, it's the big seller right now in Edmonton," she said.

Working in the sex industry in Edmonton was never something Elizabeth said she imagined for herself. She first became a sex worker while travelling in Australia. When she ran out of money, she asked a friend working as a bouncer for job recommendations. Unbeknownst to Elizabeth, her friend sent her to a bawdy house.

"I walked into a brothel with a resumé — which was entertaining in hindsight. I wondered, 'Why are there girls in skimpy dresses everywhere?'" Elizabeth remembers wondering.

She ended up working as a receptionist at the brothel, where she greeted clients and offered drinks. After moving to Brisbane and running out of money again, she turned to a nearby brothel looking for a similar job. Instead, she was asked if she wanted to be a "working girl".

"I thought, 'Well, I could live in a hostel for two days, then I'll be broke and sleeping on the beach, or I could do this. Everyone said it's like having a one-night stand, so I started working," she said.

Working on and off in the industry in both Australia and Canada for four years, Elizabeth estimates she has slept with over 1,000 men during her time as a sex worker. Her income: An average of $4,000 to $5,000 a month.

"It's never been stable. I can't do it for more than four to six months before I need something mentally stimulating," she said.

Practising yoga and watching cartoons like Sleeping Beauty are just some of the ways Elizabeth disconnects from her clients and her work in order to stay mentally healthy.

Currently single and still pursuing her political science degree, Elizabeth plans to leave the business that helps her pay the bills and also helps her gain a better appreciation for true love-making.

"It's a very special thing when you find somebody. What I do at work is not what I do at home. What I do at work is like riding a bicycle or those last three blocks when you drive home. You're not really there, you're just going through the motions. That's exactly what I do at work," she said.

"The vast majority is an act. It's step one, step two, step three. I'm thinking about my grocery list, I'm thinking about what I'm going to do with the money I just made. When I'm at work I'm Roxy, I'm not Elizabeth. They're two very different people."

Limit to her 'love'

"What I do at work is not what I do at home. What I do at work is like riding a bicycle.... You're not really there, you're just going through the motions."

Edmonton massage parlour worker Elizabeth, who goes by the working name "Roxy"

Anatomy of a client

Elizabeth, a.k.a. Roxy, said her clients generally fit into three different categories.

- **Client 1.** "They either have physical deformities: so missing a leg, blind, deaf, not stunningly attractive and would have a hard time picking up at the bar.
- **Client 2.** "The second group is working the trades. They work up north, have a ton of money but they don't have a lot of time for a girlfriend."
- **Client 3.** "My third group is 'bored with wife, bored with life.' They're middle-aged to slightly older, bored with the wife, work well-paying jobs ... business suits, white collars."

Why Edmonton?

For several years Edmonton has been actively regulating its parlours — where sex is discretely on sale — by instituting regulations on where they can be located and how they must have at least two employees at the establishment at all times. While the federal government aims to redraft the country's prostitution laws, Edmonton's 42 body rub parlours continue to operate from 7 a.m. to 11 p.m., seven days a week, making the city an interesting case study on prostitution's current legal grey zone.

This image was created using some of the words and phrases commonly found on signs and ads for massage parlours. METRO

Massage parlour owner Sara says she creates personal bonds with her clients beyond the sex acts she performs on them. ISTOCK IMAGE

Parlour owner loves job, 'not because of the sex'

Next in the series

Tomorrow

When it comes to managing massage parlours in the city, Edmonton seems to be ahead of the curve. We examine how it regulates these establishments and how it offers a class massage parlour workers need to take. We also ask massage therapists what they think of body rub establishments.

Thursday

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We'll also print some of your comments about this series.

Labour of love. After 20-plus years in the business, Sara's work is about more than the seven-minute deed

As the co-owner of a massage parlour located in central Edmonton, Sara considers her workplace relatively safe. Licensed and staffed with a minimum of two girls for every shift, her business provides a range of sexual services.

While she specializes in the "cougar" and "very curvy" niches, the massage parlour offers a range of women of all shapes and sizes for its clients.

Sara has been part of the sex industry for more than two decades. Today she co-owns the massage parlour and also works as an escort.

Sara said her busiest time is during the day, especially lunch time — when clients can escape from work for a visit.

The women typically work three to four shifts per week, Sara said, adding the length of the shift can range each day.

The sex industry is a passion of Sara's, and while the future is uncertain due to the Supreme Court of Canada decision, she hopes the industry will continue to grow.

"I love my job and it's not because of the sex. The deed takes seven minutes but you're with them for half an hour," she said. "I often think I live vicariously through them."

Editor's note: Sara's name has been changed to protect her identity.

STEPHANIE DUBOIS/
METRO IN EDMONTON

From 'wench' to reporter

When she was in her early 20s, the Toronto Star's Rosie DiManno had a brief encounter with a body rub parlour. Go to metronews.ca to read her 2011 column chronicling her experience and insight.

- **What do you think?** Parlours can be found across Canada, maybe even close to your home. Visit metronews.ca/features/massage-parlours to give us your thoughts on these businesses, their workers and those who visit them and follow @metropicks to tell us what you think about body rub parlours.

DO YOU HAVE A FATTY LIVER?

According to recent studies almost 40% of us and 90% of overweight people have fatty livers - making it one of the biggest health issues today. Having a fatty liver is not only linked to inflammation, diabetes and heart problems, but also to weight gain, specially around the belly.

What is a fatty liver?

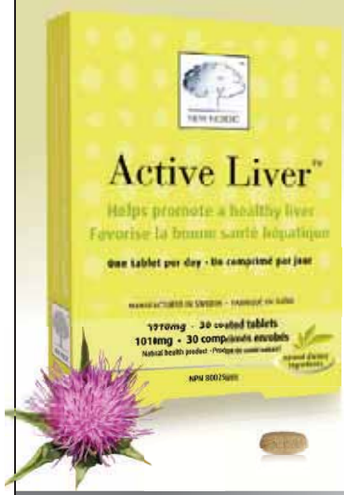
You probably know of *fois gras*, which is French for fatty liver. This delicacy food is made from the controversial force feeding of animals. The large amounts of food stresses the liver and inhibits it from doing its job of burning calories and metabolizing fats. Instead the liver starts creating fat and storing it in the liver itself as body fat.

What is the cause?

The main reason a liver becomes fatty seems to be high amounts of fructose. The liver normally processes these well but when eaten in concentrated high amounts, the liver starts converting them to fat.

How to recognize if you have a fatty liver?

It can be hard to know if you have a fatty liver but the first sign is belly fat or what is known as having an apple shape. A fatty liver is bigger in size and this too can make the upper part of the stomach seem protruding. Other signs can be fatigue, inflammation and poor cholesterol levels.



2 important steps to take for liver health

To start improving your liver's health there are two important steps to take. One is to cut all high fructose foods. Examples are sugary sodas, candy and any prepared foods with high fructose corn syrup. The second step is to assist the liver by taking liver supporting herbal extracts.

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A man tries to protect a Ukrainian police officer beaten by a pro-Russian mob that stormed a police station in Horlivka. Mobs defied government warnings that it was preparing to act against them. EFREM LUKATSKY/THE ASSOCIATED PRESS

Ukraine wants peacekeepers

May 25? After refusing a referendum in Ukraine's east, President Turchynov said a nationwide vote is possible

Ukraine's acting president urged the United Nations on Monday to send peacekeeping troops to eastern Ukraine, where pro-Russian gunmen kept up their rampage of storming and occupying local government offices, police stations and a small airport.

The request came from a government that has proved powerless to rein in separatists in its eastern and southern regions, where insurgents have seized or barricaded government buildings in at least nine cities, demanding more autonomy from the government in Kyiv and closer ties with Russia.

The Kyiv government and Western officials accuse Russia of instigating the unrest and of deploying armed Russian agents in civilian clothing to carry them out.

In a telephone call with Secretary-General Ban Ki-moon, acting President Oleksandr Turchynov suggested that an "anti-terrorist operation" be conducted jointly by Ukrainian security forces and UN peacekeepers.

Peacekeepers, however, would have to be authorized by the UN Security Council, where Russia holds a veto.

THE ASSOCIATED PRESS

Harper reacts

PM doesn't mince words

Russian actions against Ukraine are "aggressive, militaristic and imperialistic" and pose a grave threat to world peace, Prime Minister Stephen Harper said Monday, using his harshest words yet against what he called "Russian provocateurs sent by the Putin regime." It's time to rally the world against the danger posed by Russian President Vladimir Putin, Harper said at a photo-op event.

THE CANADIAN PRESS

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WESTJET

Bloodiest terrorist attack ever in Abuja

Nigeria. President blames Islamic extremists; one official said the bomb was buried in the ground; others said in a vehicle

The scene of a massive terrorist explosion at a bus park in Abuja, Nigeria, Monday. GBEMIGA OLAMIKAN/THE ASSOCIATED PRESS

A massive explosion ripped through a bus station during the morning rush hour in Nigeria's capital, killing at least 71 people and wounding 124 in a bombing that marked the bloodiest terrorist attack ever in Abuja.

President Goodluck Jonathan visited the scene and blamed Boko Haram, an Islamic extremist group, which operates in the northeast of Nigeria and which has been threatening to attack Nigeria's capital. One official said he believed the bomb was buried in the earth while the emergency management agency said the explosives were apparently hidden in a vehicle.

The blast destroyed 16 luxury buses and 24 minibuses and cars, said police spokesman Frank Mba, who gave the death toll.

Survivors screamed in anguish and the stench of burning fuel and flesh hung over the site where billows of black smoke rose as firefighters worked to put out the fires. Reporters saw rescue workers and police gathering body parts as ambulances rushed the wounded to the hospitals.

THE ASSOCIATED PRESS

'Ibrahim.' Dutch cops arrest a teenage girl for alleged tweeted threat

Police in the Netherlands have arrested a 14-year-old girl on suspicion of threatening American Airlines in a tweet.

Police spokesman Roland Ekkers said the girl, who has not been identified for privacy reasons, turned herself in to Rotterdam police in the company of a parent Monday and is now being interrogated.

The tweet posted Sunday said it came from an al-Qaida member in Afghanistan named Ibrahim and threatened to "do something really big on June 1." But the account's handle came with the nickname Sarah and a profile image of a young woman.

Apologetic tweets were posted to the account after the airline replied it was taking the threat seriously and calling in law enforcement.

Ekkers said the motive for the tweet is not yet known.

THE ASSOCIATED PRESS

Exports to Iran

Wrong address lands Alberta firm a $90,000 fine

Putting the wrong address on a $15 shipment of Viton synthetic rubber rings has cost an Alberta company $90,000 for violating legislation which prohibits sending certain products to Iran.

Lee Specialties Ltd. of Red Deer pleaded guilty to one charge of violating the Special Economic Measures Act Monday. The Calgary court withdrew two other charges.

A lawyer for the company said the rings, that could be used in nuclear applications, were supposed to go to Dubai, but there was an address mix-up on the packaging. THE CANADIAN PRESS

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Woman says she killed six of her newborns

Utah. Megan Huntsman told police that she wrapped the bodies up and left them in boxes

Authorities say a U.S. woman accused of killing six babies she gave birth to over a period of 10 years told investigators that she either strangled or suffocated the children and then put them inside boxes in her garage.

According to a statement released by police Monday, Megan Huntsman said that between 1996 and 2006, she gave birth to at least seven babies at her home and all but one of them were born alive.

Huntsman, 39, said she killed them immediately after they were born, and put their bodies inside boxes. She said each baby was wrapped in either a towel or a shirt, and placed in a plastic bag.

Huntsman is being held on $6 million bail — $1 million for each baby she is accused of killing.

Huntsman was arrested Sunday on six counts of murder after police found the infants' bodies. A seventh baby found appears to have been stillborn, Utah County Attorney Jeffrey Buhman said. Formal charges have not yet been filed against Huntsman, and Buhman said the investigation remains open.

Police Capt. Michael Roberts said officers responded to a call from Huntsman's estranged husband, who found the first body. Neighbours identified him as Darren West.

Investigators believe West and Huntsman were together when the babies were born, but don't believe he was aware of the killings. Huntsman also has three daughters who lived at the house. THE ASSOCIATED PRESS

Authorities investigate a crime scene at a house in Pleasant Grove, Utah, on Sunday. According to police, seven dead infants were found in the former home of Megan Huntsman, 39. MARK JOHNSTON/THE ASSOCIATED PRESS

France

Police test DNA of all males at school

French investigators began taking DNA samples Monday from 527 male students and staff at Fenelon-Notre Dame high school in search of the assailant who raped a teenage girl on campus.

Prosecutor Isabelle Pagenelle said the choice is simple: "Either I file it away and wait for a match in what could be several years, or I go looking for the match myself," she said.

THE ASSOCIATED PRESS

Bolivia

Villagers injure 2 for alleged thefts

Bolivian authorities say Amazon villagers nearly killed two young men after tying them to a tree swarming with venomous ants after the two allegedly stole three motorcycles.

Dr. Roberto Paz said one of the men remained in intensive care while the other suffered kidney failure.

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Cops: Teen boys not facing 'your run-of-the-mill' criminal charges

Halifax. Police say two 18-year-olds face many criminal charges, including alleged human trafficking and gang sexual assault

The head of the Halifax integrated vice unit says the case involving two young men and a laundry list of criminal charges is one that makes cops "stand back and take note."

Doreze Marvin Beals and Andre Jerome Gray appeared in Dartmouth provincial court Monday, facing charges that include human trafficking, kidnapping, sexual assault and gang sexual assault.

The two 18-year-olds were arrested after RCMP say a 15-year-old girl was held against her will in a North Preston home and sexually assaulted.

"Those are not your run-of-the-mill charges," said Det. Andrew Matthews. "We take them very seriously."

Police were called to North Preston for reports of shots fired at a home on Clarence Street just before 9 p.m. on April 10.

They found the young victim, who told police she'd been held in the basement of another home on the street for two days before she'd escaped.

One of the two suspects was arrested in the area Thursday evening. The second was arrested later in Windsor.

Matthews said investigators are considering the possibility the girl was going to be forced into prostitution. He added that it's possible the two accused weren't acting alone.

"That is one of the elements of the human-trafficking (charge)," he said.

"I think, due to the nature of the charges, with human trafficking, I think police have to look at the possibility that there is a network involved."

Matthews said it's very early in the investigation, and it's not clear whether more charges will be laid.

He said one of the most striking aspects of the case is the young age of not only the victim, but the two accused.

"That's tragic too," he said. "It's one of those that police officers, no matter how much time they have on, they stand back and take note."

RUTH DAVENPORT/METRO IN HALIFAX

The accused

Doreze Marvin Beals and Andre Jerome Gray are scheduled to appear in Dartmouth provincial court on Wednesday morning for a bail hearing.

Valparaiso

Fire ravages Chilean city for the third day

Helicopters and airplanes dumped water on wildfires and the smouldering wreckage of hilltop neighbourhoods around Valparaiso for a third straight day Monday as sailors in riot gear stood ready to evacuate 700 more families whose homes could be lost if the winds shifted.

Already 11,000 people were homeless as wildfires sent burning embers flying from hilltop to hilltop. A 15th body was found, and the toll of destroyed homes rose to more than 2,500. As smoke rose from smouldering ruins all over the picturesque coastal city, many compared the scene to Dante's inferno.

The fires, so hot they created their own fierce winds, consumed a few entire neighbourhoods. In other districts, some houses stood unscathed but remained in danger from glowing embers carried by the shifting winds.

"We are looking at the largest air operation ever assembled against a fire like this," Chilean President Michelle Bachelet said.

"We are too vulnerable as a city. We have been the builders and architects of our own danger," Valparaiso Mayor Jorge Castro said Sunday in an interview with Chile's 24H channel. THE ASSOCIATED PRESS

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Heartbleed likely 'largest flaw' to ever hit Internet

Expert. News 900 SINs stolen from CRA is just the 'tip of the iceberg'

The fallout from the Heartbleed bug could go far beyond just 900 social insurance numbers compromised at the Canada Revenue agency.

Alberta computer security expert John Zabiuk suspects there's a wave of problems coming.

"Right now, we're just seeing the tip of the iceberg," he said. "This is probably the largest flaw that's hit the Internet in history."

Zabiuk is with the Northern Alberta Institute of Technology in Edmonton, where, as an ethical hacker, he teaches students to protect computer systems by approaching the problem from a hacker's perspective.

The revenue agency says it's analyzing data to determine what else might have been siphoned out. Zabiuk says officials are likely to discover a much bigger cache of information has been compromised.

"Realistically, with over two-thirds of all servers compromised online with this vulnerability, we're going to be seeing a lot more fallout from this," he said. THE CANADIAN PRESS

BlackBerry Messenger

BlackBerry says Apple iPhones and Android devices running chat software BlackBerry Messenger face an "extremely small" risk from the Heartbleed software bug.

- The bug is caused by a flaw in OpenSSL software, which is commonly used on the Internet to provide security and privacy.

Uber hails customers in Asia

Taxi cabs stand at a parking lot at the airport in Mumbai, India. Taxi-hailing smartphone app Uber is making a big push into Asia with the company starting operations in 18 cities in Asia and the South Pacific including Seoul, Shanghai, Bangkok, Hong Kong and five Indian cities in the last year. RAJANISH KAKADE/THE ASSOCIATED PRESS

Market Minute

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Smartphones

iPhone's smaller size a big hit: Study

Samsung's new Galaxy S5 smartphone is more durable than last year's model and other leading Android phones, but the iPhone 5s outperformed all of them in part because of its smaller size, a new study finds.

The S5 scored well given its water resistance and a sturdy back panel made of plastic, according to SquareTrade, a provider of extended protection plans. THE ASSOCIATED PRESS

Report

More Americans say personal info stolen online

The number of Americans who say they've had important personal information stolen online is on the rise, according to a Pew Research Center report released Monday.

According to the survey, 18 per cent of online adults have had personal information stolen such as their social security number, credit card or bank account information. THE ASSOCIATED PRESS

HAIR-RAISING TALES FROM DOWN UNDER

SHE SAYS

Jessica Napier
metronews.ca

Practically all women are born with hair on their body — some much more than others, thanks to various biological factors — and yet we spend an untold amount of time and money attempting to rid ourselves of it.

Veet, a purveyor of numerous at-home hair-removal products, recently found itself in a sticky situation (pun very much intended) after launching a new advertising campaign that suggests women are allowing their naturally occurring body hair to turn them into dudes. The commercials, which have since been pulled from the beauty brand's Facebook page, feature a series of women who transform into grizzly looking men after forgetting to attend to their armpit and leg hair after a mere 24 hours.

The videos are intended to be funny but they come across as sexist and ignorant. According to Veet, the only way to "feel womanly around the clock" is to go on the offensive against your own body and never ever allow a person of the opposite sex to see you *au naturel*. Women are expected to eradicate every single strand of hair that isn't deemed acceptable on an idealized "feminine" figure.

Personally, I've never been interested in any sort of hair-removal process that involves an unnecessary amount of pain, especially when it comes to my bikini line. The idea of undressing in front of a complete stranger and asking her to yank strips of paper covered in hot wax from my nether regions has never appealed to me. The idea that I should be paying to have this agonizing service performed on me every four to six weeks — laughable.

But, after years of peer pressure, my meddling friends finally managed to convince me that I was missing out on some sort of rite of passage and should just give it a try. This is why I recently found myself popping two extra-strength painkillers and lying down for my first Brazilian waxing experience, because if I was going to do this, I thought I should go all the way.

About 10 seconds into the excruciating process, I wimped out and requested something a little less extensive. I felt my dignity being stripped away from me quite literally as I winced and yelped my way through the 15-minute appointment.

"It will feel better next time," the aesthetician promised me. With tears streaming down my face, I couldn't find the words to tell her that I didn't think there would be a next time. I paid the requisite $40 for the pleasure cruise and raced home to curl up in bed with a glass of wine and an ice pack on my crotch.

Needless to say, that was probably my first and last bikini wax. I can't imagine I'll start investing hundreds of dollars a year to achieve an unnatural Barbie-doll look.

Personal grooming is ultimately about individual choice; you can pluck, wax, trim and laser off as much or as little as you want, wherever you want.

And no woman should be shamed for the decisions she makes about what happens — or doesn't happen — when it comes to her hair down there, or anywhere else on her body.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Picnic instead of picket

OLI SCARFF/GETTY IMAGES

Women eat on Tube to protest website

Women eat on a Circle Line Underground train in protest of the Women Who Eat on Tubes website on Monday in London, England. The Women Who Eat on Tubes blog invites members of the public to upload images of women eating on the London Underground and has received thousands of followers plus numerous accusations of misogyny. METRO

Organizer says

"People say it's not about gender. If it was just people eating on the Tube, you could bring in the question of privacy, but it's not — it's just women. You can't ignore that."

Organizer Alexis Calvas told The Independent

The event's Facebook page had 500 participants, and organizers encouraged those who couldn't attend to raise awareness with the #ieatonthetube hashtag.

Also seen on transit

- **@dreaminontransit** is an Instagram account that stealthily snaps photos of people napping on Vancouver transit and has attracted over 4,000 followers since January.
- **Awkwardtransit.com** is your odd collection of transit riders, including some holding the pole with unexpected body parts.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 14 in Scene, page 16 in Life and page 20 in Sports.

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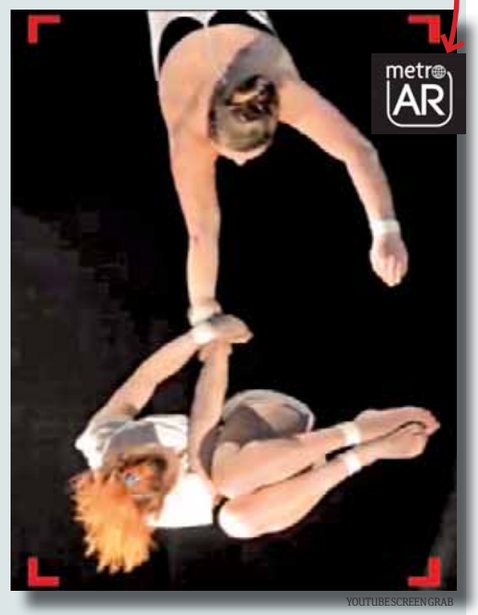
MetroTube

Swedes hanging out in circus class

ANDREW FIFIELD
metronews.ca

So how about starting your morning off with a little light trapeze, courtesy of the absurdly flexible Swedish duo of Robyn and Linn. The pair are currently enrolled at Stockholm's University of Dance and Circus, because apparently being home to one of the world's most vibrant music scenes doesn't provide enough options for entertainment in that city. They also need to open their doors to the country's finest physical performers, as well.



YOUTUBE SCREENGRAB

metro

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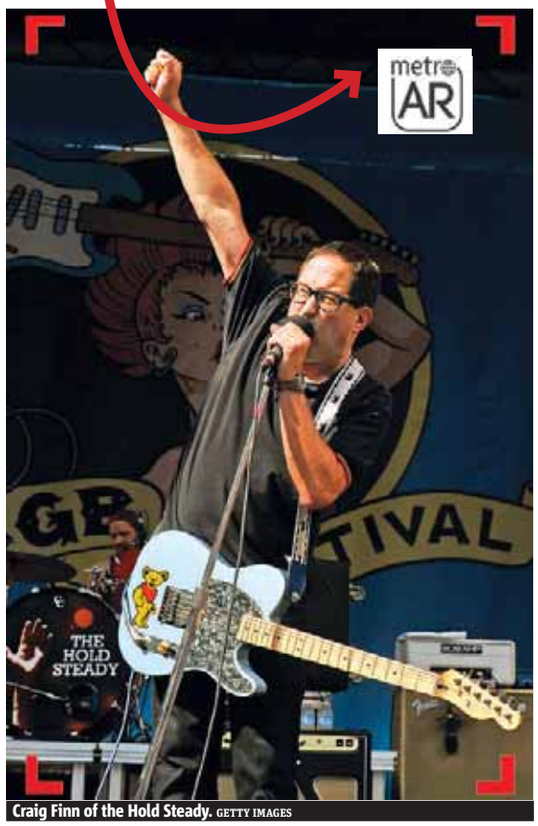
SCENE 2

See that symbol? It means you can scan the photo below with your Metro News app to hear a new song by the Hold Steady

On new album, the Hold Steady grows up

Teeth Dreams. Band shows that rock 'n' roll doesn't have to be 'about a teenager and a convertible'

NOLAN GAWRON
Metro World News in New York



Craig Finn of the Hold Steady. GETTY IMAGES

Throughout their 10-year career, the Hold Steady have strategically amassed a catalogue of songs often centred on a recurring group of characters. Craig Finn introduced listeners to tragic heroes and fallen friends caught up in the partying lifestyle, formed from the amalgamation of acquaintances and fictional figures.

His spoken delivery embraced witty double entendres, juxtaposing modern jargon with scholarly diction as he portrayed the ups and downs of the down-and-outs.

And somehow, he always seemed to stay positive.

With Teeth Dreams, the band's sixth studio album and the first on their own Washington Square label, hitting stores late last month, Finn's songs seem to have naturally evolved from the post-adolescent party to the inevitable adult hangover.

These are cautionary tales and proof that yesterday's kicks become tomorrow's bruises.

"It's definitely the darkest Hold Steady record," says Finn.

"While the others had been especially hopeful and maybe positive and optimistic, this one may hold back on that optimism a bit. Writing this record, I wasn't in a particularly bad place or anything, I was just fascinated with anxiety and the idea of mental health and the way we treat it nowadays and the way we deal with our neuroses."

With such a repertoire of decadent characters, Finn says that his narrative had to change and that those wandering from the straight-and-narrow will inevitably fall.

"We started the band 10 years ago, and for the past 10 years I've known a lot of people close to me that have struggled with substance abuse and mental health issues," he says.

"I'm 42. When you're 32 you might still be going along and having a good time, but at some point it starts to drag you down. … [Now] I'm trying to write characters that are a little older.

"I think that's a challenge, and it always has been. Rock 'n' roll is often about a teenager and a convertible. … It's 50 and 60 years old now, so it doesn't have to be. Great artists like Bruce Springsteen and Neil Young have written great songs about adults."

The guitars have finally soared to reach Thin Lizzy heights, while Finn's lyrics are still born to run.

Review

Philomena

Director. Stephen Frears

Stars. Judi Dench, Steve Coogan

Philomena transcends the usual odd-couple hijinks we'd expect from the pairing of Dame Judi Dench and the comic Steve Coogan.

Director Stephen Frears tells a story from true life: Dench's Philomena Lee is a devout Irish Catholic whose teen pregnancy in the 1950s got her banished to the Magdalene laundries, where Catholic nuns enslaved "fallen women" while cashing in on secret foreign adoptions for the children. Philomena lost her three-year-old son Anthony in this way, leaving her with only a single photo of him. Determined to find him 50 years later, she enlists the aid of BBC correspondent Martin Sixsmith (Coogan). They find common cause in their search for Anthony, as the trail leads to Washington, D.C. Dench is great, but it's Coogan who really impresses, playing a screen journalist who for once feels true to life.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hats off to the fashion forward folk at the MTV Movie Awards

PAT HEALY
Metro World News

Johnny Depp's ensemble made him look like a Steampunk gangster from New Jersey. ALL PHOTOS: GETTY IMAGES

Grumpy Cat took the hat trend to heart at the MTV Movie Awards.

Pharrell Williams, what have you wrought?

Men, women and cats all donned hats at Sunday night's MTV Movie Awards — with mixed results.

Johnny Depp is no stranger to the fedora and usually the star can pull off any look, but his entire ensemble on Sunday night made him look like a Steampunk gangster from New Jersey.

I'm not sure what Hana Mae Lee looked like with her cigarette cap, other than a woman who looks like she wants attention to be paid to her (it worked!).

Oscar-winner Jared Leto wore an oversized straw cap while Kesha looked like a "Flowers in the Attic" reject in a goth felt cap.

Finally, no hat recap would be complete without this shot of Grumpy Cat wearing the Pharrell Williams' trademark Vivienne Westwood "Mountain" hat.

British people, take note: THIS is how you wear a hat.

Does the green-eyed monster haunt Pitt-Jolie?

Angelina Jolie and Brad Pitt.

It turns out there's more to that Star magazine report about life inside Brad Pitt and Angelina Jolie's home. Aside from Jolie's alleged control freak ways and their kids' wild behaviour, there's apparently still the spectre of Jennifer Aniston hanging over their relationship. Sources say the "supervindictive" Jolie "hates Jennifer Aniston still and is very competitive with her," both personally and professionally. And it probably doesn't help that the A-list pair reportedly worry about each other's fidelity. "Both of them are insecure about the relationship," the source explains. "She worries that he cheats, and he thinks she'll cheat because she's 12 years younger than he is." But despite these supposed issues, the source admits Jolie and Pitt remain "insanely devoted" to each other. "She fell for him the minute they met, and he loves the way she is into him," the source says. "They go at it like rabbits. They are very kinky and will spontaneously hook up any chance they get."

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See that symbol? It means you can scan the photo below with your Metro News app. Going the Distance: a step-by-step guide to the marathon

LIFE 3

Hit the road: Your body will really thank you for it

You think you're being smart by going to the gym — you're not. The treadmill won't make you a better runner, and here's why

ROMINA McGUINNESS
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So, you're happier at the gym. We get it — you're petrified of tripping and smashing your knees (ribs, shoulders, face, etc.) against the concrete pavement. But although being inside means not having to deal with gale-force winds, car fumes or crazy cyclists, it's not any safer.

Want to be fast and strong? Go outside

Roadside running gets a bad rap for a lot of unfair reasons, but the hardness doesn't mean it's hurting you, says fitness expert Scott Francis.

"Outside, you're able to deviate your left to right stride — your body moves freely," he tells us.

London-based running coach and Saucony spokesperson Nick Anderson agrees.

"Even if you're on what you perceive is a pretty flat pavement, your foot is having to adjust its angle every time it hits the ground, which is always slightly uneven. The muscles have to work hard in order to stabilize the foot as it goes through its landing and taking off phase, meaning you need to generate more force than if you were on a treadmill."

So many people think that they're doing their body a favour by choosing to run at the gym … but the truth is, they're not.

"You're going really quite fast — a lot quicker than you would be on the road, but it's got nothing to do with speed. The surface you're on is completely flat and that's not running but jumping up and down on the spot.

"When you're on a treadmill, you're in this weird limbo — consciously staying in lane, subconsciously bouncing out of it. You're throwing your hips and knees dangerously off-balance and potentially doing a lot of damage to your joints," warns Francis.

There is no 'proper' way to run

There's this common misconception that the longer your stride, the faster you'll run. Wrong!

Putting the foot so far out in front can cause a lot of strain on the body.

"Run tall, with a slight forward lean, short stride and let your foot land underneath you rather than ahead of you. This way, less force will travel up through the body and you'll be lighter on your feet," say Anderson.

Not quite sure what he means by this?

On a treadmill you can throw your knees and hips off-balance. THINKSTOCK

Francis has a trick to visualize how to run this way.

"Think 'heel toe, heel toe'. put your palm and wrist on the table and lay your hand out flat. Keeping your hand still, come up on your fingertips and drag your fingers back towards your body — that's (more or less) the correct way to run," he explains.

Match your shoe to you

The shoe is the last part of the equation. If everyone had their running gait and stride analyzed, the dangers of running outdoors would be far lower. "You're dealing with anything from three to seven times your weight going through your body at the point of impact. Not only does the shoe needs to fit, it needs to match your running style," says Anderson.

"People tend to buy their trainers one size too small because everyday footwear is usually worn quite tight. But the foot expands as you run, so you need there to be half a thumb's width of space at the front (from your big toe to the end of the shoe).

"Ideally everyone should have their arch analyzed (most shops do this for free]) in order to figure out how their foot strikes the ground — on the forefoot, midfoot, heel or extreme heel," adds Francis.

The best is to try on several pairs and look at different brands, making sure the shoe is built with cushioning and support and that the sole grips the floor well. Once you've done all of that you're ready to go — outside, of course.

Quote

"Running is one of the most natural motions for our body — as instinctive as walking or sleeping — and yet we get it so wrong."

Scott Francis, performance strategist and life coach

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You tried blasting fat, now freeze it

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Fat-freezing cryolipolysis technique was approved in Canada in 2009. ISTOCK

A shortcut to fat loss?

In the latest issue of Best Health, Canada's healthy lifestyle magazine for women, staffer Melissa Greer checked out what could be the next big thing in getting rid of fat.

Of course, the healthy way is to eat well and exercise regularly, but many people are trying a shortcut called fat freezing. Is it safe, and does it work?

Slimming down by freezing your fat cells is actually feasible. Fat-freezing cryolipolysis has been done in the U.K. for a few years, but is relatively unknown here, even though the CoolSculpting machine — the first device to use cryolipolysis technology — was approved in Canada in 2009 and in the U.S. in 2010.

The non-surgical treatment aims to remove fat cells from problem areas (e.g., tummy and hips). The fat cells freeze and die, and are eliminated by your body's lymphatic system over a few months, says Jeff Nourse, CEO of New You spas in Ontario, which offers Cool-Sculpting.

"On average, a person loses an inch per treatment, and should see full results in two months," says Nourse. "Most clients we see are active and not overweight; they want to target a problem area they can't seem to lose weight from."

Here's how it works: A clamp-like suction device is applied to the treatment area. It will feel cold but not uncomfortable, and stays in place for an hour. Since fat cells freeze at a higher temperature, there's no damage to other cells, says Nourse. The procedure is more affordable and, obviously, less invasive than liposuction, but CoolSculpting is not cheap.

For example, the cost of treatment per section is $600-$700 at New You. And it is effective only if you maintain your weight. If you gain weight, you'll be replacing old fat cells with new ones. While a recent study published in the Aesthetic Surgery Journal found cryolipolysis to be safe and effective for fat removal, it is still a new treatment and there's no long-term research yet.

For a wealth of information to help you live better and feel great, from fitness to ideas to help you sleep better, pick up the May issue of Best Health magazine.

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TAKARA SMALL
Metro News in Toronto
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What is your team's strategy for online success? ISTOCK

Turning your business from a struggling startup into a successful company can be as simple as updating your online strategy.

Knowing how to navigate a range of issues from social media to online domain names can make all the difference.

Monika Platek, social media lead for CBC, knows first-hand how important an effective online strategy is for success.

The media guru, who has worked alongside brands such as the Maple Leafs, CBC and TSN, emphasizes that when you choose to get yourself out there on the web, grabbing attention means allowing your life to be examined in its entirety.

"One of the biggest pieces of advice I would have for any young professional and businesses nowadays is just to consider what their digital and social image is. I think it's important to extend everything you do into the social space…" says Platek.

The journalist, who was also on the ground for the recent Winter Olympics in Sochi, Russia, saw first-hand how important maintaining your online "brand" can be, whether you're an individual or a startup.

"I think people want to feel like they are true part of the coverage nowadays. They want to feel empowered, and so everything I do I'm trying to bring them along for the journey and the ride and give them a sneak peek into the access I have."

The Canadian Internet Registration, an organization that manages .ca domains, found that businesses could also increase their reach by simply using a .ca. A recent study found Canadians prefer companies that use .ca rather than .com, which is one more reason to launch your very own .ca handle sooner rather than later in order to attract new clients.

But, it's more than just presence that can determine the future success of your company as it sets its sights on the online world.

Robert King, the small business lead for Intuit, a provider of business, financial and tax management solutions for small and mid-sized businesses, understands that a firm financial plan can be as important as online strategy — so much so that it's offering one free year of its online accounting software for small businesses to maintain their finances and more importantly, to help entrepreneurs learn more about maintaining a healthy financial outlook.

"Make sure you've got a solid grasp of financial management fundamentals," says King. "Part of feeling confident about your business and its future understands the more in-depth financial aspects. Having a good grasp on financial fundamentals means that you'll know what's working, what's not and be able to spot a problem early on," he says.

Knowledge by the numbers

The world of startups and small businesses is a lot more complicated than it may seem. Take a look at these facts courtesy of Canadian Internet Registration and Intuit.

- Fewer small businesses have an online website: Only 45.5 per cent of Canadian businesses are online, with only 41.1 per cent having a website, versus 91.8 per cent of large enterprises.
- There are fewer tech-based startups in Canada than non-tech startups: Despite what you've heard, a majority of startups in Canada have very little to do with technology; 32 per cent of startups are tech-based, while 65 per cent are not in the technology sector at all.
- Most entrepreneurs start their business with very little funding: 58 per cent of Canadian entrepreneurs start out with $5,000 or less.
- Passion trumps money when it comes to business: 35 per cent of part-time entrepreneurs would quit their jobs if their start-up could pull in a mere $30,000.

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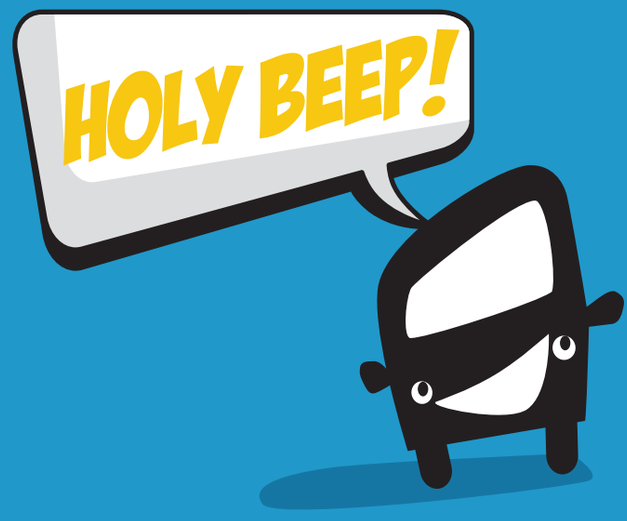

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Google searching for happy staff

Corporation studies how people work. Employees complete thorough survey every year, as leaders hope to discover the key to company success

What do you think a 10-year study would reveal about your workplace? ISTOCK

Google is hoping a century-long study will help unlock the key to happier, healthier and high-performing workers — and researchers say it's something all businesses could easily mimic and benefit from.

Google's been collecting the "gDNA" for two years now, wrote Laszlo Bock, senior vice president of people operations, in a blog explaining the study for the Harvard Business Review.

More than 4,000 employees complete two anonymous, in-depth surveys per year, answering questions about work attitudes, culture, relationships and more.

Employees can opt out at any time and are encouraged to continue to fill out the surveys, should they wish, if they leave the company.

The focus is on the science behind how people work, Bock wrote, inspired by the Framingham Heart Study, which has been ongoing since 1948, providing a wealth of data and insight about heart disease.

The goal is to then take the science and make work better, Jennifer Kurkoski, a Google research scientist and member of Bock's team, told the Star.

"Work is an activity that occupies a large portion of our waking hours," Kurkoski said. "How can we make this an amazing experience for as many people as possible? Work doesn't have to suck. What can we learn about how to match people with jobs and teams … that can help people find satisfaction in the work that they do and the hours they spend in the office?"

Kevin Kelloway, a Canada research chair in occupational health psychology, said studies like this are necessary, even though the time frame is "a little ambitious."

"Frankly, even if they can carry that out for four or five years, we'll learn a lot," Kelloway said, since past studies — while highlighting the importance of work-life balance — have been smaller in comparison, like "a snapshot."

"The Google study … if they can sustain participation in it, is more like a movie," he said.

Getting businesses and people to understand the harm in working even when you're not up for it "is absolutely critical to people's health and engagement," said Laura Hambley, a Calgary-based industrial/organizational psychologist.

"People kind of live in the here and now, they're living with their own deadlines and anxieties and they're not really thinking of what are the longer-term repercussions of working 60 hours a week," Hambley said.

"Any time you can get longitudinal data and track the changes over time and especially the results … that's where you'll see a lot of impact."

It's also something almost every business across Canada could do with little effort, Kelloway said.

"They all do employee engagement surveys," he said. "The only thing that Google's doing different really is tracking it across time."

TORSTAR NEWS SERVICE

Labour of love

"Work doesn't have to suck. What can we learn about how to match people with jobs and teams … that can help people find satisfaction in the work that they do and the hours they spend in the office?"

Jennifer Kurkoski
Google research scientist

Desk discoveries

Two years in, Google has been able to differentiate between two types of employees: segmentors and integrators.

- Segmentors, which make up 31 per cent of surveyed employees, are able to distinguish between work-related stress and the rest of their lives, Bock wrote.
- The other 69 per cent are integrators, he explained, and struggle to separate home and work, finding themselves not only checking their email after work, "but pressing refresh on Gmail again and again to see if new work has come in."
- That in itself is not revolutionary, Kelloway said, since previous studies about work and family have shown men tend to fall in the segmentor category, while women are more integrators.
- But by tracking for longer, Kelloway said Google will be able to see if people shift from their categories overtime: "is that a situational thing? Is that something being foisted on people or is that who they actually are?"

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Apple and Chicken Bake sweetens the pot — literally

This recipe serves six. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

This quick and easy-to-prepare weeknight meal is sweet and comforting. It only requires a few minutes of stovetop work and then the oven baking does the rest. All you really need is a salad and a nice bottle of white wine. Oh, go ahead, light a candle, too.

1. Preheat oven to 400°F.

2. In a sauté pan, sear chicken pieces in oil until golden brown. Place chicken pieces in a roasting pan.

3. In the sauté pan, heat oil and sauté garlic, onions, mushrooms and apple chunks till softened and slightly browned. Deglaze pan with white wine and boil 2-5 minutes to reduce. Add, thyme and chicken stock to sauté pan and mix well. Pour ingredients over chicken in roasting pan and place in oven uncovered for 20-25 minutes or until chicken skin is golden and crispy, basting once half way through with pan juices.

RECIPE COURTESY COURTESY REDPRINCEAPPLE.CA/ THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

FLASH FOOD

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Ingredients

- 8-12 chicken drumsticks
- 1 tbsp (15 ml) grapeseed oil
- 1 large garlic clove, minced
- 1 cup (250 ml) sweet onion diced
- 1 lb (500 ml) fresh white button mushrooms
- 4 Medium Red Prince Apples, chopped in 1/2 inch chunks (approx. 4 cups/1000 ml)
- 1 cup (250 ml) dry white wine
- 1 tbsp (15 ml) chopped fresh thyme
- 1 cup (250 ml) chicken stock

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NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everyone knows that all fresh apples are harvested and only at their peak in the fall, right? Wrong!

It is true that most apples you find on the shelves at this time of year are long past their prime. They were picked in the fall and intended to be enjoyed by Christmas or made into pie.

There is one exception: Red Prince.

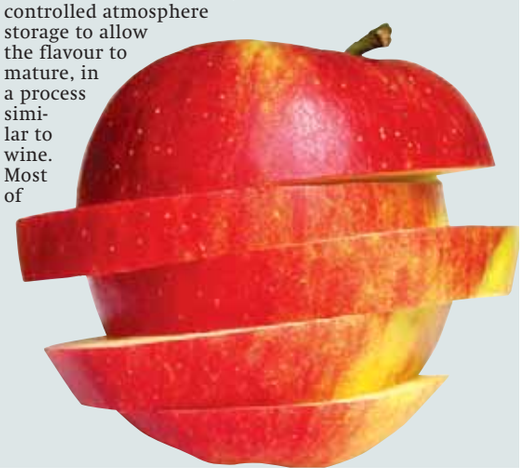
Grower Marium Botden says, "Red Princes are harvested in the fall like other local apples but are cellared in sealed, controlled atmosphere storage to allow the flavour to mature, in a process similar to wine. Most of the oxygen is removed and they add in CO2 so the apples go to sleep. When they come out of storage months later, the natural sugar or 'brix' stays high, but the natural acid goes down.

"This results in a crispy, juicy bite and a robust, tangy-sweet flavour."

This means that they are crisp, ripe and ready when other apples are as sick of a long cold winter hibernation as the rest of us.

These apples work well eaten out of hand, in fresh salads and can also be cooked or baked. Like all apples, they're high in antioxidants as indicated by deep red colour of the skin.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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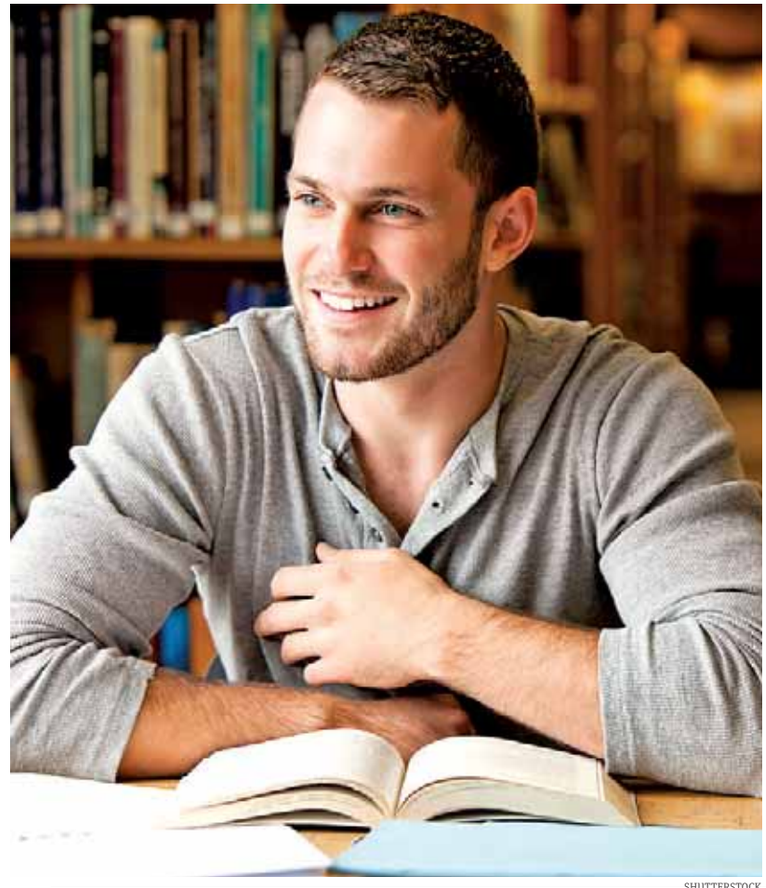
MAINTAINING A LIFE, LEARNING BALANCE



SHUTTERSTOCK

Busy is a word that has almost become cliché these days.

While everyone claims to be "busy" trying to tackle work and home life, throw in going back to school in the evenings, and one starts to really understand the real meaning of the word.

Sarah Hamid-Balma, director, mental health promotion, Canadian Mental Health Association (CMHA), B.C. division, has a few suggestions for those considering adding more to their plate.

"Be realistic about your time," Hamid-Balma says. "We are so eager to say 'yes' to everything when people need to set up some boundaries of what they want or can do."

Hamid-Balma says lifelong learning is important to everyone's mental health and encourages people to continue to seek out learning opportunities.

When it comes to tackling school, on top of work and life commitments, Hamid-Balma suggests the first thing a prospective student should do is evaluate what their schedule currently looks like, what their priorities are and how to minimize the short-term harm for the long-term gain.

She says while it is usual to feel overwhelmed by a hectic schedule, maintaining a work/life balance is important to one's mental health.

Hamid-Balma says some signs that you may have taken on too much include feeling like you have lost control of your life, feeling guilty about commitments, difficulty concentrating, feeling stressed or tired all the time, or just feeling like you are not living your life to the fullest.

"Asking for help is something we don't do enough of," Hamid-Balma says. "You don't have to do everything yourself."

To alleviate some of these feelings, she says to try to integrate some breaks (away from technology) in your day, like going for coffee with a friend, walking the dog, or playing with your kids.

GEAR UP FOR SPRING RIDING

CENTENNIAL COLLEGE MOTORCYCLE RIDING TRAINING PROGRAM

CONTRIBUTED

Riders, start your engines.

As the snow, ice and slush clear the streets, more motorcycles are starting to hit the road again this spring.

Instead of dreaming about hitting the open road, Centennial College can help that dream become a reality through the motorcycle rider training program.

"Our course uses the 'building block' approach of introducing the student to new skills and techniques as the lesson plan progresses," says Michael Raber, chief instructor, motorcycle rider training program.

"If you've never sat on a motorcycle prior to the course, the course will expose you to new techniques and the required skills to help you survive in 'real world conditions.'"

The motorcycle rider training program administers the Canada Safety Council Gearing Up program as approved by the Ministry of Transport Ontario and is certified to upgrade students through the graduated licence process from M1 to a full M licence, including scooter under 50cc.

For those looking to get back out on the road, now is a great time to think about a refresher course in motorcycle safety through the skills refresher course.

The program is offered every weekend from the beginning of April through to the end of October, including select weekday programs in May, June, July and August.

For more, visit centennialcollege.ca.

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CENTENNIAL COLLEGE

SHINE WITH GEORGE BROWN

Sometimes the best careers evolve out of a strong passion for a simple hobby.

For Kate Slater, who works full time in financial services, the jewelry program at George Brown College is helping her take her hobby to the next level.

"I work in a corporate environment by day but really wanted an opportunity to explore my more creative side in my time off," Slater says. "This was the perfect mix of a longtime interest and really being able to get hands on in learning a new skill."

Coming from a small town, Slater says she never had the opportunity to explore the metal smith side of jewelry making.

When she moved to Toronto and was speaking with a friend who had taken the course, she knew immediately that this was something she wanted to do.

Slater is working her way through the fundamental jewellery skills certificate and is excited about developing her own style.

"Every time I take a new course and learn a new skill my style evolves further," Slater says. "I hope to someday really be able to define my style, but for now I'm just happy to keep learning."

CONTRIBUTED

The flexibility of the program that George Brown offered was a must for Slater because taking evening and weekend courses really appealed to her.

But she says the most invaluable asset this program offers is the instructors and their wealth of passion and industry knowledge.

"They are all eager to share their experience and skills and want to see you succeed in growing your own skills."

Most of the instructors have their own practice in jewelry making. They love what they do and their passion for making jewelry is evident through their teaching style.

George Brown College offers two certificates in jewelry — fundamental jewellery skills certificate, and advanced jewellery skills certificate. Both are offered at the Casa Loma campus.

Students register and pay on a course-by-course basis and then can apply their courses towards a certificate.

The program also teaches students how to set up their own studios and start their own business.

For course and certificate information, visit coned.georgebrown.ca/jewellery.

SPRING AND SUMMER COURSES

Whether you are looking to indulge a passion, expand your skills or prepare for a career change, spring is the perfect time to go back to school at George Brown College.

Explore all the spring and summer courses that are being offered by taking digital photography I (starts May 5, May 8, July 7 and July 10) or landscape, wildlife and travel photography (starts May 7 and July 2).

Take your hobby, or home renovating, to the next level with introduction to carpentry and woodworking I (May 24).

For city dwellers looking to add some green to their outdoor space, the container gardening course (May 15) is the perfect solution.

Expand your horizons by learning Mandarin (April 29), Italian (April 30), Portuguese (May 5) or German (May 6).

For aspiring writers, check out screenwriting I — write your own screenplay (June 23).

And there's always something new to learn in social media marketing (starts May 8).

For a full list of programs, visit coned.georgebrown.ca.

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FUNDRAISING IS A CHALLENGING, REWARDING FIELD

Most people have done some sort of fundraising in their lives — possibly for a school event or trip, a sports team, or charity.

But when it comes to raising funds on a larger scale, it takes training to learn the ins and outs of fundraising to make an maximum impact.

"Many people are not aware that fundraising is a discipline with education and standards like any other field of employment," says Trevor Zimmer, CFRE, manager of Individual Giving, Right To Play, and instructor in the fundraising certificate at George Brown College.

"The fundraising certificate shows how to succeed at many types of fundraising, and ensures that the many people who are interested in working in the non-profit sector have the base knowledge to succeed in this challenging and rewarding field."

The George Brown College fundraising certificate teaches students the basics of the many forms of fundraising at the modern non-profit, from direct mail to major gifts and new online technologies and social media.

Teachers and program advisers have been drawn from across the non-profit spectrum, including health care, education, social services, and arts and culture.

The program has recently been updated to address the topics non-profit professionals want to learn about, including the use of today's digital technology.

"The fundraising certificate is unique in that it offers a full course specifically addressing digital and mobile strategies for non-profit organizations," says Claire Kerr, director of Digital Philanthropy, Artez Interactive, and fundraising certificate instructor.

"We're learning about technology as it applies to non-profits and charities today in 2014 — we're not talking about text-to-donate campaigns from 2012."

Courses are held in the evenings at George Brown College's St. James campus in downtown Toronto.

For more information, please visit coned.georgebrown.ca/fundraising.

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STAYING AHEAD OF THE CURVE

G. RAYMOND CHANG SCHOOL OF CONTINUING EDUCATION

The best way to appeal to students is to offer them the courses that they demand, in fields where employment opportunities are plentiful.

This fall, the G. Raymond Chang School of Continuing Education at Ryerson University is offering students two new certificate programs that align with the university's role as a career-focused educational institution.

"The Chang School is continually making sure that our certificates and courses are aligned with what job sectors are growing, and with what job sectors have employee shortages," says Marie Bountrogianni, interim dean at the G. Raymond Chang School of Continuing Education, Ryerson University.

"As a continuing education school, it's important for us to be ahead of the curve by understanding what the job market is like five to 10 years from now, and to be on top of the trends so our students are successful."

Starting this fall, students can enrol in one of two new certificate programs — certificate in data analytics, big data and predictive analytics, and certificate in Caribbean studies.

The certificate in data analytics, big data and predictive analytics will focus on direct practical application while providing sound academic and technical education.

The certificate in Caribbean studies is the first of its kind to be offered at a university in the GTA, and will enhance understanding of this region in order to develop and reinforce the strong social, academic and commercial links between the Caribbean and Canada.

The G. Raymond Chang School of Continuing Education is an expert in adult education and tailors its programs and courses specifically to this group.

"We want our students to succeed and it's our responsibility to make sure the right certificates and courses are in place to help them do so," Bountrogianni says.

"The programs we offer not only give students a competitive edge in the job market, but can also allow them to transform their current careers and, in some cases, pursue their passion."

For more information, visit ryerson.ca/ce/.

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OBTAINING A DEGREE IS EASIER THAN YOU THINK

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As Canada's premier online university, Athabasca University is focused on the future of learning. The AU experience is innovative, flexible and accessible, opening up education opportunities for adult learners just like you.

AU serves more than 40,000 students from every Canadian province and territory, as well as 87 countries worldwide. Choose from more than 800 courses in a broad range of undergraduate and graduate degrees, diplomas and certificate programs in arts, science, business, health, technology and professional disciplines

As an open university, AU works with learners to overcome the challenges that can prevent them from attending traditional university — challenges like family and job responsibilities or not being able to relocate for school. The school's open admission policy allows anyone 16 or older to study with as an undergraduate student regardless of educational history.

If you already have a diploma, you may well be on your way to an AU degree. AU recognizes thousands of courses and hundreds of transfer programs with colleges and universities across Canada and around the world. Obtaining your degree may be closer than you think.

Athabasca recognizes that your learning can also be acquired from life experience, job training, workshops, seminars and other experiences. Your work and/or life experience may be recognized towards earning an AU degree with its prior learning assessment and recognition (PLAR) process.

Undergraduate admission is offered year-round and most courses start on a monthly basis. Register for a course by the 10th of the month, and you can start as early as the first day of the next.

For more on making AU a part of your future, visit everywhere.athabascau.ca.

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UNIVERSITY OF TORONTO
WOODSWORTH COLLEGE

GRASPING RELEVANT CONCEPTS AT U OF T

The business innovation certificate program at the University of Toronto School of Continuing Studies was created to help corporate leaders develop practical skills while solving an innovation challenge.

"In today's corporate world, knowledge and skills are only helpful when they solve a real-life problem and help the organization achieve its goals," says Ferhan Bulca, PhD, PEng, lead instructor and technology commercialization executive.

Ferhan Bulca

"The program is designed to take advantage of new learning techniques and various learning media, such as in-class, online, self-study and peer feedback, that help learners fully grasp relevant concepts and use these concepts in their own projects."

The business innovation certificate program provides professionals with tools, techniques, case studies and best practices in innovation leadership and management.

More importantly, the program requires learners to identify and implement a real-life innovation challenge.

Starting with the first course, the program content helps learners understand their organization's goals and identify opportunities that would benefit both the learner's career and help their organization achieve a business goal.

CONTRIBUTED

Each course that follows takes the learner one step further in implementing their project.

By the end of the program, each learner will complete one project while benefiting from in-class and online collaboration, feedback from peers and instructors, and dry runs.

"Learning by doing provides invaluable practical knowledge to students," Bulca says. "Before jumping into the deep side of the pool, students will have multiple opportunities to refine their approach and plans through dry runs, and feedback from instructors and peers."

Students will develop transferable and in-demand skills and will join a collaborative community of innovation professionals (program instructors, learners and alumni) who continue to exchange ideas, experiences and information during the program and after the courses are completed.

For more information, visit Learn.utoronto.ca/innovate.

EXCEPTIONAL EXPERIENCES

The University of Toronto School of Continuing Studies is a leader in lifelong learning, providing innovative programming and exceptional learning experiences.

The school designs exceptional learning experiences that respond to the evolving learning needs and aspirations of the community.

The University of Toronto is one of Canada's top-ranked university and has been a leader in continuing education since 1892.

- The school offers 500 plus courses and 70 plus certificates.
- Ninety-four per cent of students would recommend the school to others.
- Seventy-five per cent of students already have university degrees and 27 per cent have postgraduate degrees.
- Eighty-three per cent of instructors have at least 10 years of professional experience in their teaching area.
- Ninety-six per cent teach because they are passionate about sharing their knowledge.

HUMOUR INFLICTS PERSPECTIVE AND CAN REVEAL THE TRUTH

No one has said politics can't be funny.

Acclaimed humour author Terry Fallis has made a living off exposing the funny side of politics and is now bringing that humour to the classroom as the writing humour instructor at the University of Toronto School of Continuing Studies.

Terry Fallis

"If someone doesn't have a sense of humour, this course won't teach them to be funny," Fallis says. "But I do think we can help a funny writer be even funnier by examining what makes certain sentences funny."

Fallis says the course is an overview or survey course on the kinds of humour commonly found in literature, what makes them funny, and how that understanding might allow one to write funnier and more powerful pieces, scenes, novels, stories, and so on.

"We'll also explore the judgment that is required to make humour work," Fallis says. "Often this means knowing when to stop."

Each week, the program will explore least one kind of humour. For example, satire, wordplay, sarcasm, set pieces/situational, slapstick/physical, dark/black, misunderstanding, juxtaposition, or exaggeration/understatement.

"Humour can be a very trenchant instrument of social comment, or it can simply lighten the mood," Fallis says. "Both are important in literature. Humour inflicts perspective and can reveal truth."

Teaching this class has been a new adventure for Fallis, and one he has enjoyed.

SHUTTERSTOCK

"I think it's helpful for writers to be able to stand up in front of a group of people and speak with some conviction, authenticity, and experience about writing," Fallis says. "The more often you do it, I think the better you become."

He adds that he has learned as much from his students as they have from him.

Fallis's book, The Best Laid Plans — A Satirical Novel on Canadian Politics, won him the 2008 Stephen Leacock Medal for Humour.

His fourth novel, No Relation, is due to hit bookstores in May.

For more information, visit learn.utoronto.ca/courses/writing-humour.

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SEAMLESS TRANSITIONS

ACADEMIC BRIDGING PROGRAM AT WOODSWORTH COLLEGE

For struggling Gemini Award-winning filmmaker Cyrus Sundar Singh, heading back to school has been "yoga for the soul."

After being in a two-year development slump, Singh's wife suggested the academic bridging program at Woodsworth College (WDW), University of Toronto.

"For one day a week, I could run away from my daily self-employed creative grind," says Singh, a WDW bridging program student. "It was also a timely opportunity to face my personal academic demons full on."

The Millie Rotman Shime academic bridging program at WDW provides access to the University of Toronto for those aged 19 and older who have been away from formal education for some time and don't meet the usual requirements.

For Singh, who dropped out of high school to pursue his passion for music, WDW has provided him with an opportunity to re-enter the classroom.

"As a mature student, returning to the classroom after a very, very long time can be a source of self-doubt, pitfalls and potential roadblocks," Singh says. "WDW made my transition seamless."

While Singh's goal is to continue to make films, his ulterior motive is that he hopes the academic learning will help his creative explorations to dig deeper and find new expressions for his art.

While studying to complete his finals this month, Singh has also successfully delivered a fifth documentary film for broadcast.

"The year has been inspiring," Singh says.

According to Thomas Socknat, academic director of the program, most students who complete the program hail it as a "life-altering experience" and go on to earn their university degree.

"A lot of people just don't think they could ever qualify for university studies, especially at the U of T, but that is exactly what the academic bridging program is designed to do, provide the opportunity for 'non-traditional' students to explore and pursue post-secondary education," Socknat says.

For more information, visit wdw.utoronto.ca/bridging.

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TAKING ADVANTAGE OF DIGITAL MEDIA

SHERIDAN COLLEGE

As more and more people are switching to mobile devices to get information, stay in touch and do business, the new digital media offerings through Sheridan College, faculty of continuing and professional studies, will help you take advantage of this expanding market.

"The explosive growth of digital marketing, the social web and smartphone use have created a rapidly expanding market for people who have the skills to leverage technology to tell compelling stories, communicate to potential customers and develop new business opportunities," says Julian Kingston, program manager, arts, media and culture, Sheridan College.

"Our new digital media offering will help you develop those skills."

Sheridan is featuring three new courses this spring in an innovative format — writing for transmedia, blogging for fun and profit, and the art of the pitch.

These are all 20 hours long in a blended format.

They will start with a full-day (five-hour) workshop, include 10 hours of online self-paced, instructor guided learning and finish with another full-day workshop.

Students of the writing for transmedia course will learn to weave immersive narratives across screens, from your television, to your laptop to your smartphone and right into real life.

INSTRUCTORS

Instructors for these new courses include:

Award-winning transmedia writer Andrea Phillips via live teleconference from New York City for writing for transmedia.

Digital media business course leader James Wilson is the founder and principal of Overdrive (Design Limited).

Pioneer blogger and social media strategist Rebecca Brown teams up with nationally featured writer and editor Diane Peters for blogging for fun and profit.

Building a digital media business: The art of the pitch is aimed at digital media professionals who are looking to increase their volume of business.

"Most businesses fold in the first two years," Kingston says. "Your ability to give an effective pitch will determine whether your business lives or dies."

If you are looking to find and spread your online voice, then blogging for fun and profit is the course for you.

"Blogs are driving mainstream culture and you will learn to use yours to provide a powerful means of expression, a way to promote a business or idea and even generate revenue," Kingston says.

For more or to reserve a spot, visit digitalmedia.sheridancollege.ca.

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Shanahan expected to force culture shock

Leafs. New president to conduct thorough assessment before delivering exit papers

Brendan Shanahan was brought in to change the culture of the Toronto Maple Leafs. How the new team president plans to do that remains a mystery.

In introducing Shanahan on Monday, Maple Leaf Sports and Entertainment president Tim Leiweke made it clear that he wasn't happy with the "character" and "culture" of the team.

"I'm not sure the Leafs have (the right culture)," Leiweke said. "I definitely sense that we lack an identity, and right now we're a team that lacks a direction and we want to change that."

It's up to Shanahan and general manager Dave Nonis to do it, but no clear direction for the organization was spelled out on Shanahan's "first day at work." The 45-year-old Hall of Famer has a plan, and though he and Leiweke didn't get into specifics, plenty of changes are expected.

"I have some ideas in my head about direction, but I think that at the same time ... those are subject to change," Shanahan said. "I think that it's very important for people, especially in sports, to have the ability to evolve and to make changes."

Change could come in the form of firing coach Randy Carlyle, whose vision for winning hockey didn't seem to fit with the Toronto roster. And it could come in the form of many different players being on the ice opening night this fall than were around for Monday's locker clean-out.

But Shanahan and Nonis insist the immediate job is to step back and make an assessment of where the organization is as a whole. Even though each man called Carlyle a "good coach," it's difficult to point to things like identity, culture and character without at least considering the next step.

"You all saw the team this year, I think we didn't have the identity," Leiweke said. "I think Randy tried to create the identity. To the guys' credit last year, they bought into that, and they took on Randy's identity, I don't think that happened this year."

Shanahan, who grew up in the Toronto neighbourhood of Mimico and previously worked for the NHL as the director of player safety, is expected to shape this team's identity. It's just not clear how he intends to do that.

"Dave and I are going to ... talk about how we see the best way to play for our team going forward," Shanahan said. THE CANADIAN PRESS

Newly hired Maple Leafs president Brendan Shanahan smiles during a press conference in Toronto on Monday. Scan the above image with the Metro News app to see a photo gallery of Shanahan's hockey career dating back to 1989. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Handing over the reins

"This is Brendan's team, it's his culture, and at the end of the day he makes all the decisions, and we're going to support that 100 per cent." MLSE president Tim Leiweke

NHL

Bernier adds hernia operation to offseason prep

Toronto Maple Leafs goaltender Jonathan Bernier will undergo surgery to repair a sports hernia.

He says he will have the operation Wednesday and be ready in time for training camp in September.

Bernier missed five games in March due to the injury.

He then aggravated the problem on April 3 against the Bruins and finished the season on the sidelines.

"I felt pretty good," he said. "It was sore but my range, my stretching was fine. I think a lot of players play through that."

Meanwhile, forward Joffrey Lupul says he's recovering after knee surgery and doesn't expect his off-season training to be impacted.

Forward Phil Kessel says he was "good enough" through the end of the season despite a bruised right foot, while James van Riemsdyk wouldn't reveal any specifics on his injury.

Bernier was 26-19-7 with a 2.68 goals-against average and a .923 save percentage this season.

The Leafs missed the playoffs after posting a dismal 6-14-2 record down the stretch. THE CANADIAN PRESS

Leafs goalie Jonathan Bernier will undergo surgery. HARRY HOW/GETTY IMAGES

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Raptors buck years of gloom with 48th win

NBA. Toronto rises above league's worst to set franchise mark

The Toronto Raptors have recorded their best regular-season record in the team's 19-year history.

The playoff-bound Raptors topped their record for franchise wins with victory No. 48 on Monday, a 110-100 defeat of the lowly Milwaukee Bucks — their most recent milestone achieved on a night that started with the unfurling of their Atlantic Division banner.

Greivis Vasquez scored 25 points, while Kyle Lowry added 24 for the Raptors (48-33). Jonas Valanciunas had 14 points and 13 rebounds, Tyler Hansbrough scored 12 points and grabbed 11 boards, while Amir Johnson finished with 10 points.

Ramon Sessions scored 21 points to top the Bucks (15-66) in their 14th straight loss on the road. Jeff Adrien added 19 points.

Vasquez started in place of all-star DeMar DeRozan, who was given the night off to rest up for the playoffs.

The Raptors led from the outset, and were up by as much as 22 points in the second quarter of their final regular-season game at Air Canada Centre.

On Monday

Raptors	Bucks
110	100

They took an 84-69 advantage into the fourth against a Bucks team that is guaranteed to finish with the worst record in the NBA this season.

But the Bucks showed some fight in the fourth, pulling to within seven points on an alley-oop dunk by Adrien with 7:27 to play. That was as close as the Bucks would come as Lowry's six points were part of a 12-5 Raptors run that put them ahead by 14 with three minutes to play.

The Raptors wrap up the regular season Wednesday at New York, and will open the playoffs at home either Saturday or Sunday.

Toronto had won 47 games twice before — in 2000-01 and 2006-07.

It's been a remarkable turnaround in a season that saw the Raptors stumble out to a 6-12 start. The about-face came after the blockbuster seven-player trade in December that sent Rudy Gay to the Sacramento Kings. THE ASSOCIATED PRESS

Amir Johnson celebrates as he leaves the court following the Raptors' 110-100 win over the Bucks in Toronto on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Coming out of retirement.
Phelps makes a splash by diving back into pool

Michael Phelps is coming out of retirement, lured back into the pool by the fun of it and the possibility of swimming at a fifth Olympics in Rio in 2016.

The 22-time Olympic medallist will compete for the first time since the 2012 London Games at a meet in Mesa, Ariz., on April 24-26.

Bob Bowman, the swimmer's longtime coach, told The Associated Press on Monday that Phelps is entered in three events — the 50- and 100-metre freestyles and the 100-metre butterfly.

"I think he's just going to test the waters a little bit and see how it goes," Bowman said by phone from Baltimore. "I wouldn't say it's a full-fledged comeback."

Phelps returned to training last fall and re-entered the U.S. drug-testing program. He has completed his six-month waiting period by the U.S. Anti-Doping Agency to be eligible for competition.

Michael Phelps
GETTY IMAGES

Bowman said Phelps is "pretty far" from being back in top form. He's been training Monday through Friday with Bowman's team at the North Baltimore Aquatic Club in his hometown.

"He's gotten back into good shape since September," the coach said. THE ASSOCIATED PRESS

MLB

Jays infielder Izturis could miss rest of season

Toronto Blue Jays infielder Maicer Izturis will need to undergo surgery to repair a torn knee ligament and could miss the rest of the season.

An MRI exam revealed a complete tear of the his lateral collateral ligament (LCL), the Blue Jays said Monday in a release.

THE CANADIAN PRESS

NHL

Preds end Trotz's marathon stint

Barry Trotz, the NHL's longest-tenured head coach with one team and the only coach the Predators have ever known, will not be back for a 16th season with Nashville.

The Predators said Monday they have told Trotz his contract will not be renewed and that they are starting a search for a new coach immediately.

THE ASSOCIATED PRESS

Tuesday, April 15, 2014

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Horoscopes

♈ Aries
March 21 - April 20
There seems to be a barrier of some kind between you and other people, no doubt caused by today's lunar eclipse in your opposite sign. Don't worry. The cosmic tide will turn.

♉ Taurus
April 21 - May 21
Are you working more for other people than you are for yourself? If so, it's time to get a grip on the situation. Let those who are taking advantage of you know that this is as far as it goes – and mean it.

♊ Gemini
May 22 - June 21
The planets warn you must not pretend that certain things are true when they clearly are not – it could be a costly mistake. If you must take a risk at least wait until the effects of the current eclipse wane.

♋ Cancer
June 22 - July 23
Spell out in plain and simple language what it is you expect of other people. Both at home and at work misunderstandings are likely today, so make sure everyone knows what they should be doing.

♌ Leo
July 24 - Aug. 23
By all means listen to what friends and family members have to tell you but don't think for a moment it's all true. Act as if you have not yet heard the whole story.

♍ Virgo
Aug. 24 - Sept. 23
Be extra careful when dealing with money matters and business issues. Anything that sounds too good to be true most likely is, so check everything, even from trusted sources.

♎ Libra
Sept. 24 - Oct. 23
Today's lunar eclipse in your sign is sure to confuse things, so promise yourself no matter what happens you won't get upset about it. In a matter of days it will all be forgotten.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever happens today, be it good, bad or indifferent, you must treat it as if it is of no real importance. If you allow feelings to guide you then your fears will most likely take over.

♐ Sagittarius
Nov. 23 - Dec. 21
Don't think too hard about something that appears wholly illogical. A number of strange, even bizarre, things are likely to happen but none of them can do you harm.

♑ Capricorn
Dec. 22 - Jan. 20
This is the sort of day when it is probably best to keep your plans to yourself. You don't have to be dishonest but it will pay you to be evasive. Others have no right to know about your aims and ambitions.

♒ Aquarius
Jan. 21 - Feb. 19
Today's eclipse warns you need to take care, especially when socializing and traveling. If you do too much there is a danger you could exhaust yourself – and you'll still have all those chores to finish.

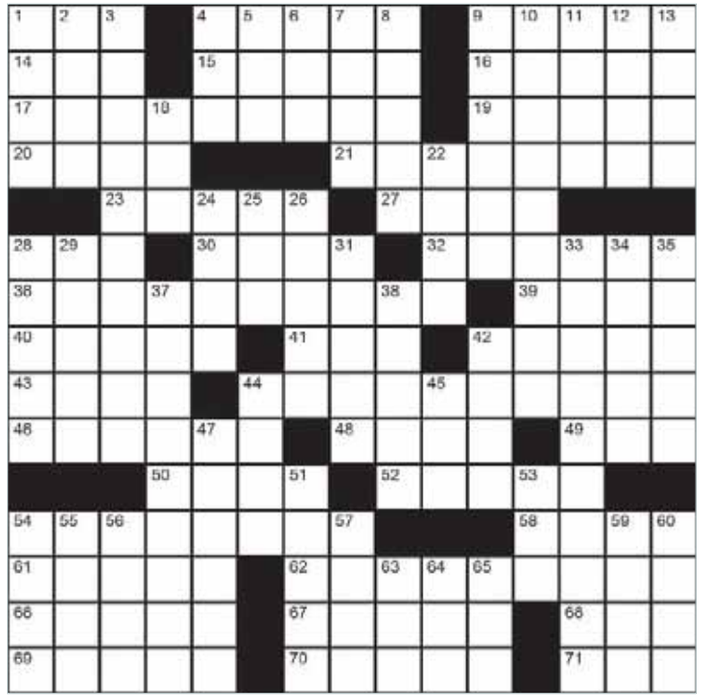
♓ Pisces
Feb. 20 - March 20
You will be tempted to cut corners in some way today – and that could be a big mistake. Any small gains you make will be wiped out by big losses later on.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

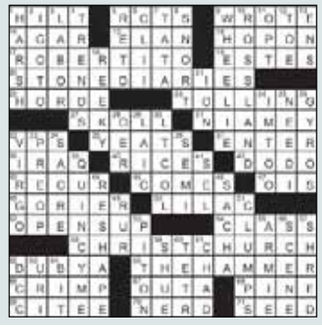
BY KELLY ANN BUCHANAN



Across
1. Halfway
4. Calendar parts
9. Jostle
14. A little __ _ lot
15. Fess up to
16. Less blushful
17. "Out of My Head" band from Hamilton
19. Excludes
20. Less than twice
21. Directions/info giver on roads, highways, etc.
23. Discharge
27. Scolds
28. On holiday from work
30. Sight from a lookout
32. Recreation room amenity: 2 wds.
36. Body of water in Vancouver: 2 wds.
39. 2002-debuting coin
40. 'Punny' joke reaction
41. Mr. Mineo
42. __ Calrissian, Billy Dee Williams in "The Empire Strikes Back" (1980)
43. Ancient Greek coin
44. Named after the American who founded it in 1909, this British department store is owned by Canadian tycoons The Weston Family
46. Skin-related
48. Per __ (Daily)
49. 'Differ' suffix
50. Norwegian king, variantly
52. Stately
54. "__ Girl" by Neil Young
58. Town that's east of Toronto
61. 'Parliament' suffix
62. Boreal burrower
66. Prefix to 'mony' (Marriage)
67. The blahs
68. W.C.'s co-star
69. Looks
70. Find the sum again
71. Sleuths, e.g.

Down
1. Magic†spell
2. Lady Antebellum's "_ __ to You"
3. Setting of Madonna's "Vogue": 2 wds.
4. Cryer's sound!
5. Tokyo, once
6. Down Under bird
7. Rock band
8. Writer Gertrude
9. Sopper-upper
10. Posh town on Montreal Island
11. Mixture
12. Checks for accuracy
13. In the past, in poetry
18. Powder __
22. Look bewilderedly
24. __-steven
25. As written
26. Short
28. Meg Tilly movie, "Agnes __ __" (1985)
29. "__ __ it from me to..."
31. English woodland
33. Leap of faith taken by a thrill seeker: 2 wds.
34. Forest of ___ (Setting of Shakespeare's As You Like It)
35. Henhouse
37. B.C. city on Shuswap Lake: 2 wds.
38. Sprite-like
42. Tree's one-of-some
44. Criticize
45. _ _ _ Speedwagon
47. Ms. Morissette
51. Wedding oath taker
53. CNN correspondent, Kyung __
54. Pics-taking devices
55. Latin hymn: "Dies __"
56. Evening, informally
57. Not any
59. Juice berry
60. Vintage models of Jags
63. __ _ break
64. Stinker
65. "El __" (1961)

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8	6					4	
2					3		5	
7			4		6	3		
	2			6		4		9
1		4		2			7	
		5	8		9			2
	1		3					7
	3					5	9	

Yesterday's Sudoku

1	3	6	2	7	9	8	5	4
2	4	9	5	8	1	3	6	7
5	8	7	3	6	4	1	9	2
3	9	5	8	1	2	4	7	6
4	6	8	7	5	3	2	1	9
7	1	2	9	4	6	5	8	3
6	7	4	1	2	8	9	3	5
9	5	1	4	3	7	6	2	8
8	2	3	6	9	5	7	4	1

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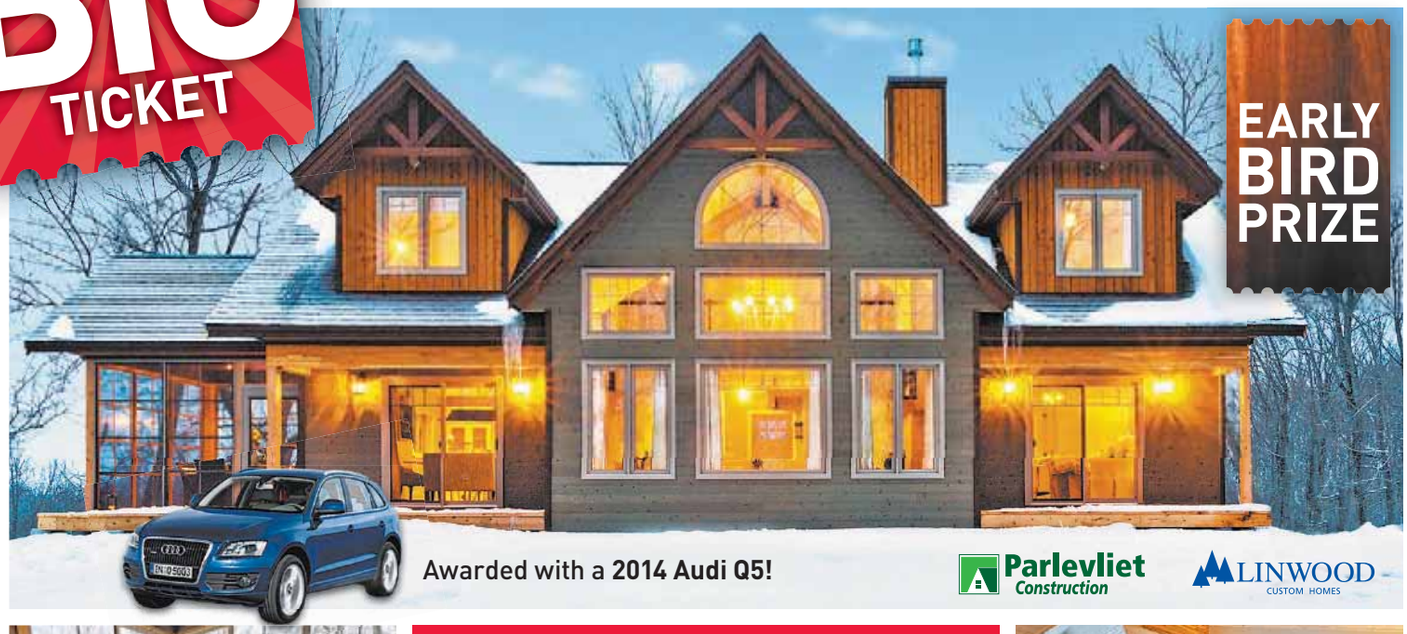

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